

“HEAVY HEARTED”



1<sup>st</sup> PETER 2:2

“As new borne babes desire the sincere milke of the word, that ye may grow thereby,”

1<sup>ST</sup> PETER 1:6–7(THERE IS MUCH HEAVINESS IN  
TEMPTATION AND THERE BE MANY THINGS  
THAT WILL TRY YOUR FAITH BUT STAY  
GROUNDED IN THE WORD TO COMBAT SUCH  
THINGS)

“Wherin ye greatly reioyce, though now for a season (if neede bee) yee are in heauinesse through manifolde temptations:

<sup>7</sup> That the triall of your faith, being much more precious then of golde that perisheth, though it bee tryed with fire, might be found vnto praise, and honor, and glory, at the appearing of Iesus Christ:”

ECCLESIASTES 7:7(BEING OPPRESSED CAN  
MAKE THE HEART GREATLY HEAVY)

"Surely oppression maketh a wise man mad: and a gift destroyeth the heart."

2<sup>ND</sup> ESDRAS 7:47(THERE IS NO PROFIT IN  
HEAVINESS NAMELY IN THIS TIME PERIOD  
WHEN YOU ARE IN CAPTIVITY ANYWAY)

“For what profit is it for men now in this present time to live in heaviness,  
and after death to look for punishment?”

PROVERBS 24:9–10(EVEN TO THINK OF  
FOOLISH IS SINISTER AND THE WAGES OF SIN IS  
DEATH, DO NOT GIVE UP IN THE TIME OF  
TRIBULATION OR STRESS)

“The thought of foolishness is sin: and the scorner is an abomination  
to men.

<sup>10</sup> If thou faint in the day of adversity, thy strength is small:”

BACK TO 2<sup>ND</sup> ESDRAS 7:47(THERE IS NO PROFIT  
IN HEAVINESS NAMELY IN THIS TIME PERIOD  
WHEN YOU ARE IN CAPTIVITY ANYWAY)

“For what profit is it for men now in this present time to live in heaviness,  
and after death to look for punishment?”

ECCLESIASTES 5:8(THOUGH WE MAY SEE THE  
OPPRESSION OF POOR AND LOWLY BROTHERS  
AND SISTERS DON'T WORRY MUCH OR BE  
FASCINATED ABOUT IT, THOSE THAT OPPRESS  
SHALL GET THEIR JUST JUDGMENT)

“If thou seest the oppression of the poor, and violent perverting of  
judgement, and justice in a province, move not at the matter: for he that  
is higher than the highest, regardeth, and there be higher than they.”

BACK TO PROVERBS 24:10(DO NOT GIVE UP IN  
THE TIME OF TRIBULATION OR STRESS)

**“If thou faint in the day of aduersitie, thy strength is small:”**

BACK TO BEN SIRACH 38:18–20(HEAVINESS  
CAN BE A KILLER TO US, AND WE MUST KNOW  
HOW TO COMBAT STRESS OR IT CAN DO US  
MUCH HARM)

**“For of heauinesse commeth death, and the heauinesse of the heart,  
breaketh strength.**

**<sup>19</sup> In affliction also sorrow remaineth: and the life of the poore, is the curse  
of the heart.**

**<sup>20</sup> Take no heuines to heart: driue it away, and remember the last end.”**

1<sup>ST</sup> CORINTHIANS 14:3(THE REASON FOR  
SPEAKING FROM THE SCRIPTURE IS TO EDIFY  
AND HELP YOUR PEOPLE , TO EXHORT THEM  
AND COMFORT THEM)

**“But he that prophesieth, speaketh vnto men to edification, and  
exhortation, and comfort.”**

HEBREWS 3:13(LET US UPLIFT EACH OTHER SO  
THAT WE KNOW AND FEEL THE LOVE FROM  
ONE ANOTHER, UNLESS OUR HEARTS BE  
HARDENED DUE TO LACK OF COMFORT)

[“But exhort one another daily, while it is called To day, least any of you  
be hardned through the deceitfulnesse of sinne.”](#)

1<sup>ST</sup> THESSALONIANS 5:14(BROTHERS AND  
SISTERS THAT ARE OUT OF ORDER SHOULD BE  
WARNED, WE SHOULD ALWAYS BE PATIENT  
TOWARDS EACH OTHER AND BE  
COMFORTING TO OUR PEOPLE WITH LOVE  
AND EXHORTATION)

[“Now we exhort you, brethren, warne them that are vnruly, comfort the  
feeble minded, support the weake, be patient toward all men.”](#)

ACTS 5:29(IN ALL THINGS WE ARE TO OBEY  
GOD NOT MEN, OBEYING THE  
COMMANDMENTS OF MEN AND NOT GOD  
CAUSES HEAVINESS TO OUT HEARTS)

["Then Peter, and the other Apostles answered, and saide, Wee ought to  
obey God rather then men.”](#)

1<sup>ST</sup> THESSALONIANS 5:14(BROTHERS AND

SISTERS THAT ARE OUT OF ORDER SHOULD BE  
WARNED, WE SHOULD ALWAYS BE PATIENT  
TOWARDS EACH OTHER AND BE  
COMFORTING TO OUR PEOPLE WITH LOVE  
AND EXHORTATION)

“Now we exhort you, brethren, warne them that are vnruely, comfort the  
feeble minded, support the weake, be patient toward all men.”

MATTHEW 15:2–3,6,9,14(THE CHRIST REBUKES  
THE LEADERS OF ISRAEL FOR PUTTING  
BURDENS ON THE PEOPLE THAT WERE NOT OF  
GODS LAW AND MADE THEM AWARE THAT  
THEIR TRADITIONS WERE SIN).

“Why do thy disciples transgresse the tradition of the Elders? for they  
wash not their handes when they eat bread.

<sup>3</sup> But hee answered, and said vnto them, Why doe you also transgresse the  
Commandement of God by your tradition?

<sup>6</sup> And honour not his father or his mother, hee shall be free. Thus haue yee  
made the Commaundement of God of none effect by your tradition.

<sup>9</sup> But in vaine they do worship me, teaching for doctrines, the  
commandements of men.

<sup>14</sup> Let them alone: they be blinde leaders of the blinde. And if the blinde  
lead the blinde, both shall fall into the ditch.”

ROMANS 15:4(LET THE THINGS THAT WE HAVE  
READ ABOUT OUR FOREPARENTS BE FOR

LEARNING TO US. WE MUST LOOK TO THE  
SCRIPTURES AND GIVE SCRIPTURES TO  
COMFORT EACH OTHER HOPE)

“For whatsoever things were written aforetime, were written for our learning, that we through patience and comfort of the Scriptures might haue hope.”

BEN SIRACH(ECCLESIASTICUS) 2:10

“Looke at the generations of old, and see, did euer any trust in the Lord, and was confounded? or did any abide in his feare, & was forsaken? or whom did hee euer despise, that called vpon him?”

